

1st First Grade Black Belt kicking series

Bow to front - Bow to partner

All Kick from fighting stance - All kicks are Back leg kicks

1. Spin Crescent (360 deg)
2. Jump spin Crescent (360 deg)
3. Spin Hook (360 deg)
4. Jump spin Hook (360 deg)
5. Spin Axe (180 deg)
6. Jump spin Axe(180 deg)
7. Turn Side(180 deg)
8. Jump turn Side (180 deg)
9. Jump back leg Round (180 deg) Kia!
 - a. Partners turn
 - b. Repeat opposite leg
10. Spin Crescent (360 deg)
11. Jump spin Crescent (360 deg)
12. Spin Hook (360 deg)
13. Jump spin Hook (360 deg)
14. Spin Axe (180 deg)
15. Jump spin Axe(180 deg)
16. Turn Side(180 deg)
17. Jump turn Side (180 deg)
18. Jump back leg Round (180 deg) Kia!
 - a. Partners turn

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